



National  
Obesity  
Forum



VITA CLINICS

## POST BARIATRIC SURGERY RECIPE

### Slow Cooker Beef Casserole



Number of servings, standard portions: 4  
Number of servings, bariatric portions: 8

Nutrition Info	per 100g	per Bariatric portion
Energy kcals	74	146
Protein g	6.9	12
Carbohydrate g	7.8	15.4
Fat g	1.4	2.7

### Ingredients:

500g potatoes, peeled and quartered  
1 medium onion, roughly chopped  
4 carrots, sliced  
250g sliced mushrooms  
2 stalks celery, sliced  
400g lean stewing beef, trimmed  
1 tsp dried mixed herbs  
1 bay leaf  
Small bunch parsley finely chopped fresh  
2 tbsp cornstarch  
150ml beef stock well skimmed or made with a stock cube  
75ml red wine

## **Method:**

- Place potato pieces in the bottom of a slow cooker, followed by other vegetables
- Add beef on top
- Sprinkle herbs over and add the bay leaf
- Add cornstarch mixture to stock, stir well and pour over meat and vegetables
- Add the red wine
- Cook on low setting for 6 hours.

Notes: This tasty recipe can be blended for the first post operative stages and it can also be made with minced beef for the very soft diet stages.

After gastric banding avoid having too much gravy with dishes like this, but do have extra servings of crunchy vegetables.